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{page 9}



LONDON

metro

Tuesday, May 10, 2011
www.metronews.ca



News worth sharing.

Save. Our school



► Supply teacher Melissa Ziegler, front, together with Grade 6-7 students Hayden Eaid, centre, and Bianca Robitaille, among others, give Knollwood Park Public School a big hug yesterday as part of Hug Day.

KYLE REA/METRO

Handshakes are for strangers

The schoolwide event brought students, parents and teachers together to show they care about their school. Knollwood has been recommended for closure in June 2012 by Thames Valley District School board staff, but the final decision is up to the board of trustees. The board will discuss the issue June 14 and public input will be heard at the board's meeting tonight.

One, two three — let's grow

► Fontana reflects on first five months



JIM REYNO
@METRONEWS.CA

Ready? Let's grow.

"Council is of one mind: We want to grow," said Mayor Joe Fontana. "We want to grow aggressively and we want to make sure we can contain our costs and deliver good value for the taxpayers' dollar. I think first and foremost that's priority No. 1."

Since taking office Dec. 1, Fontana was asked to assess his time so far in the big chair: His successes (no new taxes!), and frustrations (hurry up, already!)

"I don't believe in five-year plans, or 10-year plans," Fontana said. "I want it done tomorrow."

He says the city has done its homework — now it's time to take the test.

"They've done some great studies, but now is the time for action," said Fontana.

"But a number of things are coming together. I think the citizens will see in the next number of months that some of that hard work — restructuring city hall, restructuring council, restructuring our approach and our attitude on a service-based model — how can we serve you? — is starting to pay off."

Can a city facilitate growth



"... Not too many municipalities have been able to deliver that. And I think it showed that after years of taxation, the city could achieve a zero. And now we're working on the second, third and fourth year."

MAYOR JOE FONTANA ON THE ZERO PER CENT TAX INCREASE

without raising taxes? Fontana says London will have to be "creative and innovative with public-private partnerships."

"The fact is we've been in a slow-growth scenario for 10 years," he said. "And now that we've said we want to grow aggressively, that's where most of the revenues are going to come from: From accelerated growth and accelerated assessment and tax revenue."

1 news



Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting. Scan the code for the story.

On the web at metronews.ca



Despite threats, hundreds of Afghan children file off to school for their first days of formal education. Video at metronews.ca

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Lindros inducted into the London Sports Hall of Fame

Former NHLer Eric Lindros was one of 10 inductees into the London Sports Hall of Fame announced yesterday.

Lindros, who donated \$5 million to the London Health Sciences Centre, played for four NHL teams and represented Canada internationally numerous times, including the Olympic gold-medal winning team in 2002.

Other inductees were: Jason de Vos (soccer); Doug Jarrett (hockey); Marion Clarke Knowles (multi-sport athlete); Harvey Lennox (stock-car racing); Dave Wall (harness racing); Paul Duerden (volleyball); Ronnie Jones (lawn bowling); George Orton (track); and the 1960 London Lords (football).

The honourees will be inducted Nov. 3 in the Carousel Room at the Western Fair.

● METRO

WILLIAM THOMAS CAIN/THE ASSOCIATED PRESS



▶ Eric Lindros

The Works. Grand opening



KYLE REA/METRO

There can be such a thing as a free lunch

Staff at The Works, from left, Ross Hanley, Justine Davenport, Lindsay Sleeth and Dianna Bradley, are ready to serve up some burgers, rings and drinks when the restaurant officially opens tomorrow.

To celebrate its grand opening, food is free at The Works tomorrow and Thursday, although patrons are encouraged to make donations to the London Food Bank.

The new old: What London has to offer

► First-ever conference for London to focus on heritage and culture, how to preserve it and incorporate it into the future



KYLE REA
@METRONEWS.CA

When it comes to culture, to understand where you're going, you need to discover where you've been.

That mix of old and new is the theme behind the first-ever Creative City Summit, which kicks off today in the Forest City.

Dubbed The New Old: Culture as a Revitalizing

Tool in your Community, the three-day conference features speakers talking about the role of culture in London to local entertainment, walking and study tours as well as evening excursions.

Stephanie Jones, cultural specialist with the City of London, explained it's a chance to show what this city has to offer.

"We've got a lot of creative talent, a lot of cultural entities and investment. I

know it's a very positive thing when businesses are looking to expand or relocate here in London."

Everything begins today with the Un-Conference at Museum London, a free event which offers cultural champions a chance to meet each other and share ideas.

A reception closes off today's events before things kick into high gear at the London Convention Centre tomorrow.

Culture conference

The Creative City Summit is part of a larger country-wide organization that hosts conferences in different cities every year.

1 About 140 delegates have registered for each day of the conference.

2 For more information visit: creativecity.ca.

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Water. Winners

► The London Synchro Club finished second in the 16 to 18 age category at the Canadian Open Championships in Calgary on May 1. Pictured (from left) in the back row: Amanda Eysen, Zoe Frost, Olivia Amaral, Grace Leach and coach Courtney Brown. Front row: Nicola Chaddock, Emily Quinn, Allyssa Gosling and Meghan Lamers.

DIANE HAWTHORN/FOR METRO

Synchro club does swimmingly

Web co. hosts tech outreach

- Founding partner sets up monthly industry night
- Wants to share knowledge, support future talent



Nurturing tomorrow's technological talent today: It's a unique way that London-based web design company Resolution Interactive Media wants to give back to the community, and it's a goal they're trying to reach with industry night.

"We wanted to find a way to give back to the community and improve where we live," said Jonathan Kochis, the company's founding partner. "So we decided to open up this space and answer questions about ideas that

people may have."

The event is open to all, from developers working on their own applications, high school students looking toward the future, and even competitors, whom Kochis encourages to be part of the event.

"We recognize that these people are the future of our business," Kochis said. "I often get questions from people, ranging from 'What do you think about my application?' to 'What should I be focusing on in school and what else should I be learning?'"

"You can't give them the time and answer they

Event open to all

- **What:** Resolution Interactive Media's industry night
- **When:** The second Tuesday of every month, 6 to 9 p.m.
- **Where:** 717 Richmond St., Suite 303
- **How much?** A minimum suggested donation of \$2; the company will match all contributions and donate the funds raised to the London Food Bank.
- **Website:** resolutionim.com

deserve, so having this time helps. Plus, there's a lot of collective knowledge that we can share."

Grit harps on Tory human rights agenda

TORSTAR NEWS SERVICE FILE



► Dalton McGuinty

Premier Dalton McGuinty says he doesn't believe his Conservative rival will back off a plan to scrap Ontario's Human Rights Tribunal.

He says Opposition Leader Tim Hudak made a firm promise to get rid of the tribunal, in part to secure his leadership of the Progressive Conservatives.

McGuinty says he believes Hudak is still committed to scrapping the tribunal despite a recent speech where he seemed to soften his position on the issue.

Two years ago, Hudak's promise to scrap the tribunal allowed him to win second-ballot support from leadership rival and self-described libertarian Randy Hillier.

But Hudak seems to have changed his mind, saying in a recent speech, that he'll "fix" the tribunal to ease the backlog of cases.

Conservative Steve Clark fired back at McGuinty's suggestion that Hudak is hiding his real agenda.

He says it's McGuinty who says one thing to get elected and then does another, such as imposing the health tax in 2004 despite a written promise not to raise taxes.

Clark says the Tories are committed to fixing the system so that the tribunal can get rid of frivolous and vexatious cases. **THE CANADIAN PRESS**

NDP has its say

- **The New Democrats say** McGuinty is in no position to be lecturing anyone on human rights in Ontario.
- **McGuinty shut down** the Ontario Human Rights Commission's ability to litigate on behalf of people whose rights have been violated, said NDP justice critic Peter Kormos.
- **His government passed** a secret law regarding police powers ahead of the G20 summit of world leaders last summer.
- **More than 1,100 people** were arrested and detained during the G20 weekend in what Ontario Ombudsman Andre Marin called a mass violation of civil rights.
- **"So his track record** when it comes to human rights is not very attractive," Kormos said.

Business luncheon today

Catherine Swift, president of the Canadian Federation of Independent Business, will be in London today to address the Ontario Business Network regarding her ongoing battle with public sector unions.

The event luncheon will be at the Hilton Hotel, beginning at 11:30 a.m., with lunch at noon. Tickets are \$40. Call 519-964-3987. **● METRO**

Soundgarden to play at John Labatt

Tickets for the July 3 Soundgarden concert at the John Labatt Centre go on sale Saturday at 10 a.m.

Tickets (\$69.50, \$39.50) are available at the JLC box office, Masonville Place ticket outlet, Fanshawe College BizBooth, the Bookstore at Western, and Books Plus. To charge by phone: (866) 455-2849, or visit john-labattcentre.com or livenation.com. **● METRO**

Daycare report site expanded

Ontario parents can now look up inspection reports for daycare centres online.

You can access the information via www.ontario.ca.

The reports show whether a daycare stores food and medication properly, provides enough supervision and conducts enough fire drills, among other things.

AM980/AM980.CA

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Adrenaline. Seekers

THE CANADIAN PRESS HANDOUT PHOTO

► An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

CN Tower boasts bucket list thrills

Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of between six and eight to breathtaking views of the city.

Hackers favour Canada: Report

► About 80 per cent of cybercrime scams happen on compromised legitimate web servers, expert says ► Most hackers still prefer targeting U.S.

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the last 12 months, even as most countries saw their

"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."

PATRIK RUNALD, WEBSSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

numbers decrease, suggests the report.

Canada now finds itself second on the list of countries that host the most

phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The num-

ber of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cybercrime exploits, compared to 13th in a search last year. **THE CANADIAN PRESS**

Manitoba flooding forces residents out

A precautionary evacuation affecting thousands of people has been ordered in Manitoba's second largest city as the flood-swollen Assiniboine River rises dangerously close to the top of the city's dikes.

The evacuation notice affects about 900 homes in a widespread area of Brandon known as The Flats.

Mayor Shari Decter Hirst says the evacuation is mandatory and that all persons affected have been asked to register with emergency authorities at the city's Keystone Centre. "It's time to go," she said Monday. "We can't be waiting until the last minute. We've got to start moving people out."

City police went door-

Flood levels

► The Assiniboine has already passed the record level in Brandon set during the flood of 1923, and work continues to raise the dikes.

► Provincial flood forecasters have said that between 20 and 50 mm of rain is expected in southern Manitoba over the next few days.

to-door several weeks ago to warn residents they may have to leave.

"The dike has not burst. There are no sirens, there is no panic," she said.

THE CANADIAN PRESS

POSTHUMOUS POSTING

Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than 8 million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of

colorectal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife Airdrie says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back.

She hopes the blog (www.penmachine.com) will live on as Miller's digital legacy.

THE CANADIAN PRESS

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Ship carrying hundreds out of Libya sinks

► Aid workers say a Somali woman lost four-month-old baby in sinking ► Mother swam to shore for safety

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the U.N. refugee agency said yesterday, citing witness accounts.

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterward

Escape attempts

► The number of people fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya.

► Many fleeing are foreign workers from sub-Saharan Africa, who were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels in the first weeks of the war.

reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

THE ASSOCIATED PRESS

Face. Transplant



► Dallas Wiens joined surgeons Monday at Brigham and Women's Hospital in Boston in his first public appearance since becoming the nation's first full face transplant recipient. The March procedure took 15 hours. Wiens' features were burned away and he was blinded after hitting a power line while painting a church in 2008. Pictured with Wiens is hospital spokesperson Erin McDonough.

STEVEN SENNE/THE ASSOCIATED PRESS

New hope for Texas man

The first thing Dallas Wiens' daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor.

Pakistan anger grows over U.S. Osama raid

Pakistan's prime minister defended his nation's military and intelligence services on Monday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief, lashed out at allegations Pakistan knew where bin Laden was hiding. He also warned the U.S. that any unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger over the U.S. in sending Navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

THE ASSOCIATED PRESS

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Canadian Tire goes on offence

► Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats nationwide

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the \$771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop our stores extensively today for sporting goods."

STEPHEN WETMORE, CEO, CANADIAN TIRE

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a presence in

the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using \$500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations covering a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS



► Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

Facebook friends spread the news: Study

Facebook is influencing what news gets read online as people use the Internet's most popular hangout to share and recommend content.

That's one of the key findings of a study on the flow of traffic to the Web's 25 largest news destinations. The study was released yesterday by the Pew Research Center's Project for Excellence in Journalism.

Facebook was responsible for three per cent of traffic to the 21 news sites that allowed data to be tracked, study co-author

Amy Mitchell said. Five of the sites got six to eight per cent of their readers from Facebook.

The referrals typically came from links posted by friends on the Facebook site or from the ubiquitous "like" buttons.

The Facebook effect is small compared with Google's clout. Google Inc.'s dominant search engine supplies about 30 per cent of traffic to the top news sites, the Pew report says.

But Facebook and other social-networking sharing tools, such as Addthis.com, are empowering people to

► They share fave raves and pet peeves, so it's no surprise that Facebook "friends" are sharing online news links.



rely on their online social circles to point out interesting content. By contrast,

Google uses an automated formula to help people find news.





Facebook is at the forefront of this shift because it has more than 500 million users worldwide, far more than any other Internet service built for socializing and sharing.

Meanwhile, major news sites are getting less than one per cent of their traffic from Twitter, even though it had about 175 million accounts last year.

The Drudge Report, a site started during the 1990s, is a far more significant traffic source for news sites than Twitter, the Pew study says.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
	
+ 110.53 (13,677.13)	+ 0.37¢ (103.78¢ US)
Oil	Natural gas 1,000 cu ft
	
+ \$5.37 US (\$102.55 US)	\$4.223 US (- 8.1¢ US) Gold contracts \$1,503.20 US (+ \$11.60 US)

Economy creates more, better jobs

Canada has added 283,000 jobs over the past year, and the measure is now back to pre-recession levels, CIBC reports. The quality of those jobs has also improved by 2.7 per cent measured against CIBC's employment quality index.

More full-time jobs were created over part time, and

there has been a strong increase in paid employment rather than self-employment.

But the biggest mover of the index, CIBC said, is that new high-paying jobs have outnumbered low-paying jobs by about three-to-one.

THE CANADIAN PRESS

YouTube gurus buy media firm

Steve Chen and Chad Hurley, who sold YouTube to Google Inc. for \$1.76 billion in 2006, have bought Tap11.com, which makes software to help businesses keep track of what's being said about them on Facebook and Twitter. They will add Tap11.com to their



► Chen and Hurley

new company, Avos. Two weeks ago, they acquired Delicious, a social bookmarking service, from Yahoo Inc. THE ASSOCIATED PRESS

Auto market shifts gears off-continent

Brazil, Russia, India and China will soon represent 75 per cent of the world market for vehicles, the head of GM says.

Kevin Williams says those four countries are undergoing some of the most rapid economic growth in the world, and with that comes a larger

middle class and rising demand for vehicles.

Williams said it's part of the new industry reality in which GM must compete. Canada, the company's sixth-largest market, is declining in influence as a key auto market, he said.

THE CANADIAN PRESS

QUIT KICKING THE SEAT IN FRONT OF YOU

SHE SAYS ...

JESSICA NAPIER
METRO



Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder

and don't you dare try to strike up a conversation against their will.

6 When your knee is touching my knee it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

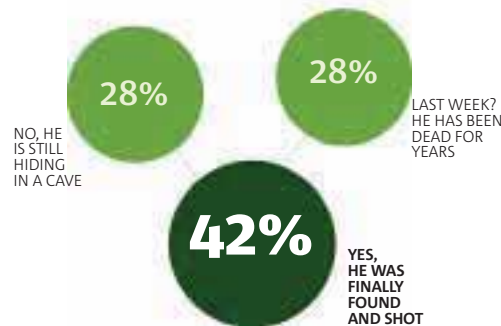
Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
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and take the quick poll

Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?



Local tweets



► @Vortex Visual: Can we make this "Mother's Day:

Part II — The Sequel?" It's too nice to be inside working. #ldnont

► @itsbttbrlond: Where's Mr. Rogers? Just a beautiful day! #ldnont

► @eliathong: I'm hoping I'm not the only one wearing shorts today

@western_usc
@marissa_joffre
@ndalessa

@JenniferValadao

#summer #uwo

► @londonlibrary: Civics 101: Land Use Planning!

Tues May 10th, 7 pm Central Library. Free! [#ldnont](http://t.co/MPWC8Vz)

► @S_Sills: Does anyone in #ldnont know where to buy a good bait caster fishing reel? other than Canadian Tire or Walmart.

► @KaAtGazette: First day of J-School of #uwo today — can't wait to sink my teeth in!

► @mary_cao: Was really excited to head to #ldnont nxt wk in time to escape #toronto caterpillar season. Only to find out from a local it's all the same

Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War

veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone.

● METRO

Maya doesn't need any baby advice

► Comedienne reunites with SNL pal Wiig for *Bridesmaids* ► Rudolph pregnant with her third child, but is keeping busy on and off the set



NED
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SCENE@METRONEWS.CA

METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, *Bridesmaids*, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.

How was it teaming up with Kristen Wiig again?

It's very easy to work with her, and I happen to like

her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

What sort of comedy do you gravitate toward in picking projects?

I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

Are you still getting stupid questions with this pregnancy?



► Maya Rudolph stars in *Bridesmaids*, which opens in theatres on Friday.

I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when

you're pregnant.

Have you ever had a wedding experience as crazy as the one in the movie?

Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized for the most?

These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

2 scene

Scene in brief



Regis Philbin is ready for a new chapter. The retiring star of *Live! With Regis and Kelly* has a memoir coming this fall. *It Books* announced yesterday.

Philbin, 79, will reflect on his decades-long television career, including stories about *Live!* co-host Kelly Ripa and her predecessor Kathie Lee Gifford and such celebrities as Jack Nicholson, George Clooney and Jerry Seinfeld. The memoir is currently untitled.

In a statement released by the publisher Philbin called the book a "valedictory" and a "personal thank-you," especially to his fans.

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New Mark Burnett reality series, *Hiccups*, Dan for Mayor among CTV's summer lineup

Celebrity tweets



Is it bad to go to McDonalds after the gym?



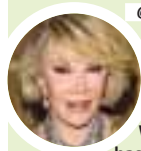
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@EllenPage

Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts



@Joan_Rivers



In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.

@BillyCrystal



If we didn't evolve opposable thumbs, would we still be able to text?

Cheeky little lies told by Pattinson

► Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

● METRO



► Robert Pattinson

Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber.

"I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through

a cake that was on the cast's table."

● METRO



Justin Bieber

No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting \$5 million to

shoot a single scene in one of their productions, according to TMZ. The company also offered \$1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded. ● METRO

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ISTOCK PHOTOS

► Nuts can give you that feeling of fullness and help prevent overeating.

You could go nuts trying to lose weight

► Harvard newsletter reports eating nuts twice a week may help people avoid weight gain



CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated

fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal. "They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

KIM ARREY

enough of in their diets."

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy

monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols. They are great sources of antioxi-

dants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain. For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from over-eating at lunch.

3

life

Add nuts



How to add nuts to eat day's meal. Breakfast: Add nuts to your cereal, or to a smoothie. Snack: Take them to work and add them to yogurt or dried fruit for a snack. Lunch: Sprinkle some nuts on salads for added crunch. Dinner: Add nuts to pasta sauce or use them to make a crust for fish.

CELIA MILNE



Aneurysms rare, but researchers search for what might trigger rupture

Gambrinus: A satisfying lunchtime indulgence

PAUL MITCHELL

► Elegant and beer-inspired cuisine in rebranded Covent Market eatery

LUNCH RUSH

PAUL MITCHELL

FOOD@METRONEWS.CA



Named after Gambrinus, a king of Flanders and patron saint of brewing, the recently purchased and rebranded Chancey Smith's serves up beer-inspired cuisine. General Manager Milos Kral has designed a pleasant hub for London's beer lover.

The decor's simple ele-

► **Gambrinus Bistro & Café**
130 King Street (in the Covent Market)
519-672-0384
Reservations: No
Social lunch: Yes
Price range: \$9 - \$18



► Sautéed spinach and avocado salad with grilled salmon

gance is as streamlined as the lunch offering of assorted salads, sandwiches and wraps plus traditional pub favourites. Dinner focuses on braised beef dishes, steaks and seafood, each with a suggested beer pairing.

My health-conscious companion orders the

sautéed spinach and avocado salad (\$13) with perfectly grilled salmon, tomato and cucumber topped by a balsamic vinaigrette. I devour the Cobb club sandwich (\$12) of moist chicken breast and mixed greens with the same tart and sweet dressing, instead of fries. Rich, creamy slices of

avocado make a wonderful substitute for mayo.

Although too pricey as a regular lunch option, Gambrinus is a satisfying indulgence. While having a difficult name to remember, the delicious food and comprehensive beer selection are impossible to forget.

THE CANADIAN PRESS/ HO

Chipotle apricot cream cheese spread



Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Preparation:

- 1 Spread cream cheese spread onto bottom of small pie plate.
- 2 In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.

Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (125 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

- 3 Stir in onion; spread over cream cheese.

THE CANADIAN PRESS

Energy for their long school day

► Apples and wild blueberries add zing to this breakfast muesli

Get the day off to a nutritious start for your school-bound kids and serve them this yummy muesli.

The secret to this is apples and wild blueberries, which perk up the cereal and oatmeal.

They are also high in antioxidants, which gives youngsters a healthy start to a long day.

Ingredients:

- 500 ml (2 cups) frozen wild blueberries
- 250 ml (1 cup) oatmeal (uncooked)
- 2 apples
- 75 ml (1/3 cup) toasted almond slices or pieces
- 750 ml (3 cups) wheat or bran flakes
- 500 ml (2 cups) skim or low-fat milk
- Yogurt, for garnish

Preparation:

- 1 Defrost wild blueberries.
- 2 Roast oatmeal for about 3 minutes in toaster oven.
- 3 Clean and core apples. Cut 8 slices for garnish and cut remainder into small cubes, about 5 mm (1/4 inch).
- 4 Mix cereals together and divide evenly among 4 bowls. Fill each bowl with 1/4 of the milk.
- 5 Place blueberries, almonds and apple over cereal. Garnish each serving with a dollop of yogurt (about 30 mL/2 tbsp) and apple slices. May be kept in an airtight container for future breakfasts. Makes 4 servings. THE CANADIAN PRESS



► Vanilla yogurt adds a final touch.

THE CANADIAN PRESS/ HO



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Samir, 26, and Diana, 26

Hometown:
Ottawa

Together since:
2005

Their story:

My husband (Samir) and I met at the University of Ottawa, where we were both students at the Telfer School of Management.

One afternoon, I was in the library, working on a term paper, when Samir

approached me and asked if I had a print card he could use.

I had never spoken to or seen him before, but let me tell you, he was cute! So I gave him my card and my number and asked him to call me when he was ready to return my card.

It worked! The next day, Samir called and asked me out on a date. We were married in June 2009 and are still going strong!

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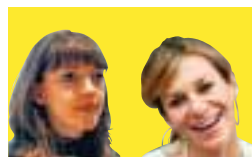
'YOUR MOM IS YOUR MOM'

My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?

Andrea: Dear Mommy Not Dearest,

I'd wish you a happy belated Mother's Day, but it feels like I'd be wishing you "Happy Massive Baggage Day." The fact is that your mom is your mom. You can't return her to the manufacturer when she's defec-

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

tive. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in positions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. If she's anything like my mom, don't let her near sharp objects or operate heavy machinery. Instead, set

yourself up for good memories. Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

Claire: Dear Mommy Not Dearest,

You've summed up what it is to be an adult: we can see people's faults as clearly as we can see that we are powerless to change them. Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm.

Second, explain to your mother the main things that bother you about her

behaviour.

Third, prepare for her to ignore you.

Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

Sometimes altering your behaviour is enough to alter the dynamic between you.

And if not, limit the duration of her visits so that you can put aside your grievances long enough to show your child what she can look forward to dealing with one day ... with you.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES. EMAIL YOUR QUESTIONS TO THE SISTERS AT RELATIONSHIPS@METRONEWS.CA

Meet the Netherlands' very popular princess

Plucking lice from schoolchildren's hair may not seem an obvious way to win the heart of a nation, but it worked for the Argentine-born ex-investment banker who will be the next queen of the Netherlands.

As Kate Middleton settles into her new life, she need only look to Princess Maxima, wife of the heir to the Dutch throne, for an example of how to make the tricky transition from commoner to royal.

Dutch Crown Prince Willem-Alexander's engagement 10 years ago to a woman whose father was a minister in an Argentine dictatorship sounded like a gift to the Dutch republican movement seeking to end the nearly 200-year-old monarchy.

Instead, Princess Maxima — nee Maxima Zorreguieta — helped bring the distant House of Orange closer to the people.

She topped a recent poll as the most popular Dutch



Princess Maxima, centre, skates with children as they celebrate Queen's Day in Franeker, northern Netherlands.

10 years gone

Maxima is so popular in the Netherlands that an exhibition is opening this month at the former royal palace Het Loo in the central city of Apeldoorn to mark her first 10 years in the country.

royal, beating current Queen Beatrix and her husband. The popularity of Maxima, 39, and other princesses elsewhere in Europe has soared thanks to a

carefully cultivated blend of the common touch — one was a journalist, another a real estate agent, yet another a single mother — and the glamour and grace demanded of royalty. They are constantly on the covers of gossip magazines, yet try to live relatively normal and private family lives.

In Maxima's case, that could mean inspecting a guard of honour one day, and the next day taking her turn as "lice mother" at her three daughters' school, inspecting children's hair.

THE ASSOCIATED PRESS



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SCREWED IS THE WRONG WORD

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed. His catchy title has shone a light on the dismal financial situation of the average Canadian 30-something.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed. Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start

playing bottom line "catch up."

Get the facts. Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Stop buying \$300 running shoes! Develop a plan to catch up on unused RRSP and pension contribution room. This might mean trading in the Beemer for an inexpensive Ford or moving out of Pleasantville and into a more affordable neighbourhood.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems. Pay off your house as fast as you can and AVOID any additional debt.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other has, their income, retirement provisions or even whether or not they are current with their bills.

Sad statistic

48 per cent of Canadian marriages end in divorce.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At it's extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a traveling salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck



► The couple who chooses to handle money separately may be in for some scary surprises down the road.

and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far behind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without

a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

That way you both know what is going on with shared expenses and debt.

Cottaging sans cent stress



► Could it get more relaxing than this? Perhaps, if you have your finances in order.

It's summertime at the family cottage and the living is easy — for now. Owning a vacation property can present some important estate questions that you should consider to avoid a nasty tax bill in the future. For example:

- Have you included the cottage into your estate plan?
- Will it become your retirement home or will you sell it to the kids?
- Have you considered who will be responsible for paying its property and estate

taxes after you're gone?

If you haven't addressed these issues yet, here's some tips to get started:

Make the cottage your principal property: As with most investments, the real estate value of a cottage increases over time. The difference between the cottage's purchase price and the final sale will generate a capital gains tax when it's inherited, sold or gifted to children and/or heirs. The CRA capital gains rule states that the profit or capital gain related to the transfer of ownership of

the property should be taxed at 50 per cent, payable immediately. One way around this is to sell the family home and declare the cottage as the primary residence. What's interesting about this option is that the taxman will grant you a "principal residence exemption" even if you only live at the cottage for short periods each year.

Transferring the cottage to the kids and/or heirs: One way of protecting your family from the burden of the capital gains tax is by purchasing a life insurance

policy. Since many older people in their 70s and 80s can't be insured, this insurance policy would be managed by the kids and/or heirs. Generally, the annual cost is affordable but this is finally determined by the insured's age and health. When both parents die, the insurance proceeds will be used to pay for the capital gain tax and any other maintenance costs.

For more strategies on keeping your legacy in the family, speak to your insurance broker or financial advisor.

NEWS CANADA

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After-school social

Faculty clubs. Athletic events. Social committees. There are so many possibilities for students to get involved in extra-curricular activities.

But these types of personal endeavours remain important post-graduation — they're character builders and they enhance your résumé and show you are a well-rounded individual. Here are some great ways to get involved in your community.

- **Charity** Browse charity websites that represent a cause you believe in to see what volunteer initiatives are available.
- **Fundraising** Pick up pamphlets that advertise major fundraising events and participate in them.
- **Sports** Check out your local YMCA or community centre to see which sports teams are accepting new members.
- **Volunteer** Research volunteering websites to see what openings might be a suitable fit for you.

 **SASHA RANA**
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Passing wisdom on to the next generation

➤ **Aboriginal communities encouraged to apply by business grad** ➤ **Scholarship honours donor's brother**

Fanshawe grad helps launch ad campaign

A new \$400,000 multi-media advertising campaign launched in April by Ontario's colleges is encouraging Aboriginal Peoples throughout the province to explore the career opportunities available through higher education.

Fanshawe's Business program grad Belinda Sayeau spoke at the campaign launch in Toronto. Sayeau is an Anishinaabe woman who grew up in Red Lake, Ont., and is a member of the Shoal Lake #40 First Nation.

Many Aboriginal students, especially those from remote communities, encounter multiple barriers in pursuing their education.

"My mother was born in a tent on the Lake of the Woods, and I have evolved from that in being given these wonderful opportunities, such as being able to speak to prospective students and have an impact on their education."

"My education has enabled me to get a full-time job [at

Fanshawe's First Nations Centre] — and one that I can keep, and even if I lost it tomorrow I have the transferable skills needed to work in other industries," she said.

Western announces new endowed chair in orthopaedic surgery

A group of 25 orthopaedic surgeons at The University of Western Ontario's Schulich School of Medicine & Dentistry has committed \$1.5 million dollars in honour of Dr. J.C. Kennedy, the first Professor and Chair of Orthopaedic Surgery at Western. The university will match the donation to create a \$3 million endowed chair.

The J.C. Kennedy Chair in Orthopaedic Surgery will allow Western to recruit and/or retain an individual of high standing in the field, who would also hold the position of Chair of Orthopaedic Surgery, a division in the Department of Surgery at Schulich Medicine & Dentistry. Western's postgraduate train-

ing program in orthopaedic surgery began in 1960 under the leadership of Dr. Kennedy, who passed away in 1983.

Proud grad supports next generation to honour brother

A Western University grad has donated \$1.8 million HKD (about \$228,000) to his alma mater in a tribute to his late brother. Wilfred Ng, BA '85, said his brother Harvey loved Canada. Harvey Ng, BESC '86, started his own business not long after he graduated.

He was confident that the education he received at Western prepared him well for the challenges ahead. He later diversified his business by expanding the family business into Canada. In 2009, he died of cancer at the age of 47.

"We established an international continuing student scholarship to help those high school students in Hong Kong who wish to further their education in Canada yet are financially incapable of doing so," says Mr. Ng.

● METRO

Your guide to looking good for grad



► Rocking a cap and gown takes style, but you don't want to go over board.

◉ With a little planning, fashion and function can shake hands on graduation day ◉ Consider these tips for your big day



The big day is finally here. Several stress-out sessions and too many exams later, you are finally graduating! Congratulations!

Having used up so much brain power on completing your studies, just the thought of figuring out what to wear to convocation can sap your remaining energy.

The key? Dress up, but be comfortable (and follow your school dress code, if there is one). Guys, you will regret not going for the tie and, girls, those super tall heels — although they make your legs look great — aren't worth the trip (the one you'll likely make across the stage).

What to wear?

Gents, it is recommended you wear a tie for your graduation portrait, and the logic remains for graduation.

Having that tie popping out of the top of your robe adds a dash of sophistication and really tops off the look.

Ladies, be mindful of the length of your dress or skirt, should you choose to wear one. It might look a little funny to have that bit of colour peeping out the end of your robe.

Believe it or not, graduation robes are actually quite fun to wear. Trust me, you'll look good in one!

Location, location, location If your convocation is being held outdoors, some extra considerations need to be made.

For one, those black robes can really heat up

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in a non-air-conditioned space, so try to wear something light and airy underneath.

Also, you may be crossing a lawn to get to your seat, so be mindful of just how clean and new those heels are (you may find yourself sinking into the earth now and then).

An icky question to consider: will your grad robe leak colour onto your outfit?

Depending on the robe's materials and the weather conditions during your grad ceremony, it could happen.

Just be aware of this when choosing the outfit you're going to wear underneath.

Much ado about shoes

Shoes are probably the most focused-upon aspect of graduation wear.

After all, they're the only part of your outfit that's visible beneath your gown.

For the gentlemen out there, a nice pair of black shoes should do the trick. Sorry, but running shoes or sandals definitely won't

cover it!

Ladies, a fancy pair of flip flops may slide under the radar, but this is your big day, so spring for a more formal pair of shoes.

Opting out of heels is acceptable (your pretty flats will look and feel good), but if you do wear heels, breeze past that really tall, uncomfortable pair and find something you can confidently walk

in. You only get a few seconds on stage and you want to make the best of them!

Hair care

Careful if you put your hair up or spring for spikes. Will the graduation cap really fit over that beautiful but thick bun? No.

And don't go all out on the hair around your scalp because no one is going to see it, and when they do, it will be after two hours of being shoved under a hat.

My fellow curly-haired maidens, you have a situation before you.

If your hair curls from the roots, your top curls may be flattened by the graduation cap, resulting in flat hair on top and a wiry, I-just-got-electrocuted look on the bottom, so whip out your high school grad cap (if you didn't throw it up at the end of the ceremony before realizing you might never find it again) and test out the look.

That's not to say you have to straighten your hair, either.

My curls form about halfway down my hair, and speaking from my own convocation experience, the cap conforms quite nicely.

Your moment to shine

The best thing you can wear on your big day is light semi-formal attire, comfortable matching shoes and a big, bright smile.

You want to look back on this day and think, I had a good time and I looked good doing it, too!

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NBA. Playoffs



▶ Boston's Rajon Rondo soars past Miami's Mario Chalmers last night as Chris Bosh looks on.

THE ASSOCIATED PRESS

Rondo returns to action for Celtics, but Heat win in OT

Rajon Rondo was back on the court yesterday for the Boston Celtics in Game 4 against the Miami Heat two days after dislocating his left elbow. Rondo played 35 minutes, recording 10 points and five assists, but the Heat won in overtime, 98-90.

The Heat lead the best-of-seven Eastern Conference semifinal series 3-1. Rondo was hurt in the third quarter of Boston's 97-81 win Saturday night when he got tangled up with Miami guard Dwyane Wade and was thrown to the floor. An MRI and CAT scan on Sunday were negative, Celtics spokesman Jeff Twiss said.

An unlikely hero

▶ Third-line forward Sean Bergenheim flourishing in Tampa Bay's surprising playoff run

Growing up in Finland, Sean Bergenheim envisioned himself someday playing in the NHL and elevating his game during the Stanley Cup playoffs.

But never in his wildest dreams did the forward imagine having the kind of impact he has as part of the Tampa Bay Lightning's surprising run to the East-

ern Conference finals.

With seven goals in 11 games, the post-season neophyte not only leads his team in playoff goals scored, but through Sunday was also tied for the league lead with Nashville's Joel Ward and Philadelphia's James van Riemsdyk and Danny Briere.

Even more impressive, his production has come as part of the Lightning's third line — instead of one



"It just seemed like a good fit."

SEAN BERGENHEIM, ON WHY HE SIGNED WITH TAMPA BAY

featuring any of Tampa Bay's big three of Martin St. Louis, Vincent Lecavalier and Steven Stamkos.

The 27-year-old left-wing

is one of nine players on the roster who had not appeared in an NHL post-season game when Tampa Bay entered its first-round series against the Pittsburgh Penguins. Last summer, he signed a one-year, \$700,000 US contract with the Lightning after spending parts of five seasons with the New York Islanders.

Generally not known for offence, Bergenheim has never scored more than 15 goals in an NHL season. He

had 14 with Tampa Bay this year, ranking eighth on the team.

And while St. Louis, Lecavalier and Stamkos have combined for 15 goals while contributing to the Lightning overcoming a 3-1 deficit against the Penguins and sweeping the top-seeded Washington Capitals in the East semifinals, Bergenheim surprisingly leads the team with 36 shots.

THE ASSOCIATED PRESS

Canada yet to lose at IIHF tourney

Rick Nash and his Canadian teammates have earned an early date with Russia at the IIHF World Hockey Championship.

The big winger tipped home the winning goal

with less than eight minutes to play yesterday as Canada edged Sweden 3-2 to complete a perfect 6-0 run through the round-robin portion of the event.

THE CANADIAN PRESS

Cyclist dies in crash at Giro d'Italia

Belgian cyclist Wouter Weylandt was killed yesterday in a high-speed downhill crash during the third stage of the Giro d'Italia. THE ASSOCIATED PRESS

Mariners cut Bradley loose

The Seattle Mariners have cut slumping outfielder Milton Bradley and his \$12-million salary.

The Mariners designated the often-troubled outfielder for assignment on

yesterday. The 33-year-old Bradley was hitting .218 with two home runs and 13 RBIs in 28 games.

Seattle also cut utility player Ryan Langerhans.

THE ASSOCIATED PRESS

4 sports

Quoted



"They just played harder, getting to loose balls, second effort, chasing balls down."

CHICAGO BULLS GUARD DERRICK ROSE ON THE ATLANTA HAWKS, WHO HAVE TIED THE EASTERN CONFERENCE SEMIFINALS 2-2.



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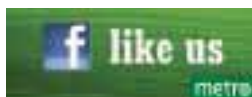
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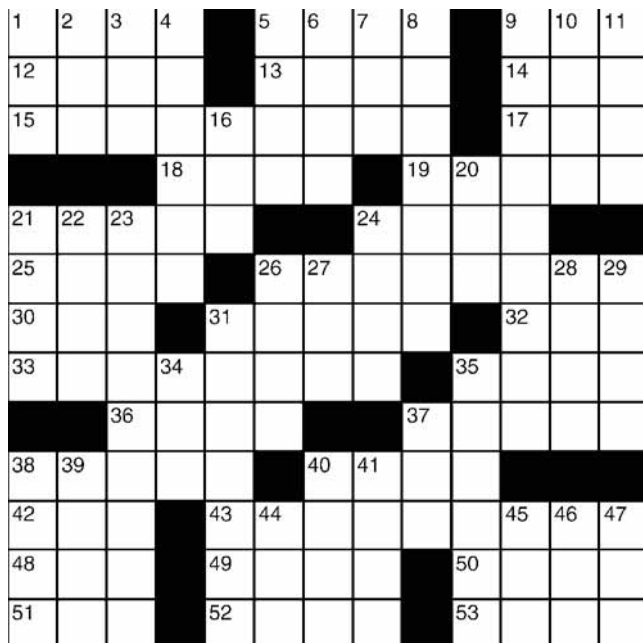
Crossword

Across

- 1 Musical ending
- 5 Grand story
- 9 That girl
- 12 German city, once a capital
- 13 Finding Nemo fish
- 14 Embrace
- 15 "Hurry up!"
- 17 Palindromic title
- 18 Weak, as an excuse
- 19 Undressed
- 21 Moderate yellow-brown
- 24 Unembellished
- 25 Legal wrong
- 26 Served
- 30 Hearty brew
- 31 Trombone section
- 32 — budget
- 33 Lounge chair part
- 35 Rams' fans?
- 36 Legendary English actor Edmund
- 37 Painter Max
- 38 Computer connector
- 40 Dregs
- 42 Past
- 43 Theatrical "good luck!"
- 48 Stitch
- 49 Photog's choice
- 50 Goodyear product
- 51 Barbie's companion
- 52 Vortex
- 53 Fervor

Down

- 1 Couric's network
- 2 Reaction to fireworks
- 3 CSI evidence
- 4 Short sock
- 5 Dutch cheese



- 6 Mast
- 7 Anger
- 8 Young swans
- 9 Ship's crew's rehearsal
- 10 Ginormous
- 11 "Zounds!"
- 16 Listener
- 20 Exist
- 21 Nevada neighbour
- 22 Double agent
- 23 Categorization
- 24 Atomizer output
- 26 Small songbird
- 27 Small batteries
- 28 Singles
- 29 Famed political cartoonist
- 31 Prickly shrub
- 34 Sandra or Ruby
- 35 Poor substitute
- 37 "A mouse!"
- 38 Halloween cover-up
- 39 Curved moulding
- 40 Give temporarily
- 41 Uncomplicated
- 44 Scarlet
- 45 Falsehood
- 46 Historic time
- 47 Solidify

► Yesterday's answer



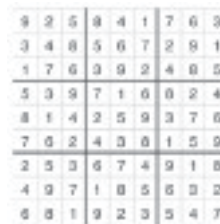
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Batinski, Happy anniversary to the best batinski a below could ever ask for! Love you lots! From BELOUMABEAR

Lora, Dump the bum & come with ME!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From ME

Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From ROBERT

Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From NS

Today's horoscope

♈ Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

♉ Taurus April 21-May 21 You can't stop people from making mistakes.

♊ Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

♋ Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

♌ Leo July 23-Aug. 23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

♍ Virgo Aug. 24-Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

♎ Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

♏ Scorpio Oct. 24-Nov. 22 Don't gamble with your health today.

♐ Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

If someone tries to pressure you into making a quick decision tell them to get lost.

♐ Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

♑ Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

♒ Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. **SALLY BROMPTON**

Caption contest



"Hmm ... I'm feeling a little overdressed today!"
KEVIN



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